



Nature's Superfood Organic Raw Maca Root Powder, 100g Resealable Pack



Price RM 35

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NATURE'S SUPERFOOD ORGANIC RAW MACA ROOT POWDER (100G)

Expiry Date : July 2023

Nature's Superfoods' Organic Raw Maca Root Powder is a proprietary blend of yellow, red and black Maca roots, and hails from the high elevations of the Peruvian Andes from the Junin region, where the best-quality Maca roots are produced in Peru. Known as Peruvian Ginseng, the certified organic Maca roots are sun-dried (not oven-dried) and milled at low temperatures into a fine powder. Inferior Maca products are grown at lower elevations and are processed at higher temperatures. Many consume this superfood to improve energy, vitality, libido and fertility.

MACA: High in protein and complex carbs and is abundant in amino acids, phytonutrients, essential fatty acids, vitamins (B1, B2, C & E) and minerals (Calcium, magnesium, phosphorus, potassium, sulphur, sodium & iron). It is also rich in many bioactive plant compounds, which have effect on not only sex hormones, but also on adrenals, giving a feeling of greater energy and vitality, and on the pancreas and thyroid as well.

Maca root nourishes and rejuvenates the endocrine (hormonal) system, thus balancing naturally the production of hormones in the body. Maca does not contain hormones. Maca root has also been shown to be beneficial for all sorts of hormonal problems including PMS and menopause.

Botanical name: *Lepidium meyenii*, Walp

INGREDIENTS: 100% Organic Raw Maca Powder

ORGANIC CERTIFICATIONS: USDA, EU, JAS

Produce of Peru

Storage: Cool & dry place

Health Benefits:

Immunity
Beauty
Fitness

Additional Benefits:

Natural remedy for menopause
Support a healthy sex life and fertility

How To Use:

- 1) Mix ½ - 1 teaspoons powder directly into water, smoothies, cereals, oatmeal, shakes, yoghurt, hot/cold beverages. The taste of Maca goes especially well with cacao, coffee, nut milks.
- 2) Bake into cakes/cookies.
- 3) Add directly into desserts or sweet treats

As Gelatinized Maca Powder and Raw Maca Powder are similar in taste and aroma, the recipes are interchangeable.

Recommended daily intake: 1/3 (one-third) to 1 teaspoon (4g). Start with half or 1 teaspoon first (test your body's response to it) and then increase daily. Take 1-2 days off a week (or 1 week off a month) so that your body will remain responsive to maca's phytonutrients.

For children, take 1/3 (one-third) teaspoon of maca powder, not necessarily on a daily basis.

Maca may not be suitable for pregnant women, as with most other herbal supplements. Those who have thyroid conditions or want to completely avoid iodine might want to avoid taking maca. If you have a sensitive digestive system, try our Organic Gelatinized Maca Powder (pre-cooked and more easily digested) instead of Raw Maca Powder.

SUPPLIER

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